



State of North Carolina

Department of Administration

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FOR IMMEDIATE RELEASE

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NC Council for Women Promotes Women's Heart Health at Today's Go Red Event

RALEIGH, NC – February 7, 2014

Today, the Department of Administration's NC Council for Women (CFW) is co-hosting the Go Red for Women event with the American Heart Association (AHA) to raise awareness of heart disease in women, and offer practical tips for reducing its risk. The free event will be held at the NC Department of Public Instruction, 301 N. Wilmington St., in Raleigh, from 11:00 a.m. – 2:00 p.m. CFW will provide live streaming of the event at councilforwomen.org and will be live tweeting from [@NCCouncil4Women](https://twitter.com/NCCouncil4Women). Supporters are encouraged to wear red on Friday to raise general awareness of heart disease risks for women.

"Cardiovascular disease kills more women in the United States than any other disease and it is the No. 2 killer overall in North Carolina," said Gale McKoy Wilkins, CFW Executive Director. "This event is designed to educate and motivate women to take action that may be needed to save their lives and improve the lives of their families."

The Go Red for Women event is free and open to the public and will feature presentations, cooking demonstrations, raffle prizes and inspirational stories to help women learn ways to reduce their risk for heart disease. Speakers will include: Gale McKoy Wilkins, CFW Executive Director; Kathy Kastan, LCSW/MAEd, Duke Medicine's Women's Health & Advocacy Initiative; Kimberly S. Yarnall, MD, Family Physician, Duke Primary Care; Wade Harris, Raleigh Personal Training; and Meredith Welch, RD, Health Coach, NC HealthSmart.

The event will also feature a fashion show with models who have a personal connection with heart disease. The cooking demonstration will be performed by Jeff Hadley, from the Culinary Department at Wake Technical Community College, and Antoinette Ware Martin, Director of Health Ministries at Raleigh Seventh Day Adventist Church.

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Sponsors of the event include: NC Council for Women, American Heart Association, Fresh Market, Harris Teeter, Minority Health Project, NC State Health Plan and the NC Office of State Human Resources.

For more information about the event or to learn more about how CFW is the state's leading voice on issues that impact the lives of women and their families, please visit [CFW online](#) or call Gale McKoy Wilkins at 919-733-2455.

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